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### Abstract of the Disclosure

5 The present invention discloses novel twist-on wire connectors. These connectors include spring inserts having cross-sectional shapes which reduce the amount of material necessary to manufacture the spring insert without compromising the holding or gripping ability of the wire connectors. The cross-sectional shapes eliminate excess material in the spring insert that plays no part in holding and gripping the electrical wires that are to be joined and held together.